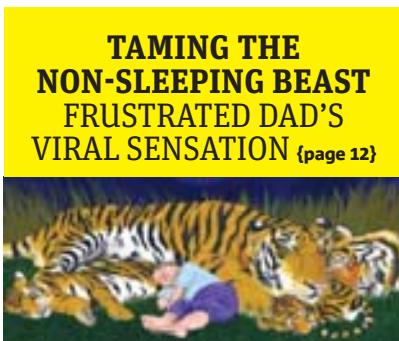


Masala Wok
Indo-Chinese & Indian Cuisine

Lunch Buffet Daily
Get \$5 off on a \$25 purchase

**Buy One Entree
Get One Entree Free**
(Dine In only, Max Value \$11)
9348 - 34 Ave NW • 780.490.7200
www.MasalaWok.ca



PINNED

CLOONEY'S NEW FLAME IS AN EX-WRESTLER {page 9}



EDMONTON

metro [®]

Monday, August 8, 2011
www.metronews.ca



News worth sharing.

Hitting nothing but high notes

► Director touts this year's festival among top in event's history ► Performers draw record crowds, rave reviews

As curtains close on another folk fest, organizers and music fans are singing its praises.

Edmonton Folk Music Festival director Terry Wickham is calling it a success.

"The weather was good, the side sessions went well and all the performers showed up," he noted.

Perhaps the only glitch was callers crashing the phone lines when ticket sales began in June.

"We won't sell tickets by phone again," said Wickham. "We will leave that to Ticketmaster."

But folk lovers did net more chances at the sold-out fest this year due to the high demand for four-day passes, he said.

Highlights yesterday included a packed workshop with Serena Ryder, Jeremy Fisher, Brandi Carlile and Deer Tick.

But the finale, opened by Andrew Bird, with k.d. lang headlining, was the fan favourite.

"Absolutely fabulous," said Christina Rivera Garcia, a 20-year EFMF veteran attendee.

First-timer Marilyn Hain said she was there for one act.

"k.d. lang. She has such a beautiful voice," she said.

● **SHELLEY WILLIAMSON**



SHELLEY WILLIAMSON/METRO

Why settle for old technology? Get LASIK!



Before MP3s



Laser vision correction starting at

\$490
*
All-Laser LASIK Available

LASIK MD
VISION

FREE Consultation: 1-877-573-9888
www.lasikmd.com

EDMONTON: 10200 - 102 Avenue, Suite C107

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.



Self-proclaimed 'Spam King' of Facebook faces serious jail time.
Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca



Refine your palate with a beginner's guide to beer tasting.
Video at metronews.ca

Youth complete 300-km trek to raise money for famine

Seven Somali cousins from Calgary made it to Edmonton yesterday after a more than 300-kilometre trek on foot.

At last check, the cousins had brought in more than \$15,000, with donations still coming in.

Every dollar is being matched by the federal government, said Filsan Abdi.

When her cousins asked her to participate in Step UP for Somalia, a fundraising effort for the current famine, Abdi said it was a

"no-brainer," adding being greeted in Edmonton by a crowd of young Somalis made the trip worthwhile.

• KATIE TURNER



For more local news visit metronews.ca/edmonton

HIV-positive teen located in Edson

Edmonton police have charged an HIV-positive 17-year-old female with two counts of aggravated sexual assault.

Police issued a public safety warning on Friday after obtaining a court order to release the teen's

name and photo, after reports she had allegedly engaged in unprotected sexual intercourse with a number of partners without disclosing her status as being HIV-positive, which is a criminal offence.

Police said the warning also resulted in another complainant coming forward. Additional charges are pending.

• METRO

Festival to keep music alive

► Funding almost in place for full-fledged music program for underprivileged, at-risk youth



HEATHER MCINTYRE
@METRONEWS.CA

For most Edmontonians, it will be the closest thing to Woodstock they'll experience.

But for a group of disadvantaged children and teens, the Edmonton Rock Music Festival means more than great tunes.

Proceeds from this year's festival, to be held Aug. 12 and 13 at Hawrelak Park, will go to the Rock and Roll Society of Edmonton's Centre for Art and Music.

"We're \$25,000 away from having all the money we need to finish building out the facility and bringing in the first conservative 100 kids," said Carson Cole, a local musician and the centre's executive director.

When finished, the new space at 96 Street and 106 Avenue will have five studios and a capacity for 100 students for 10-week ses-

Tickets

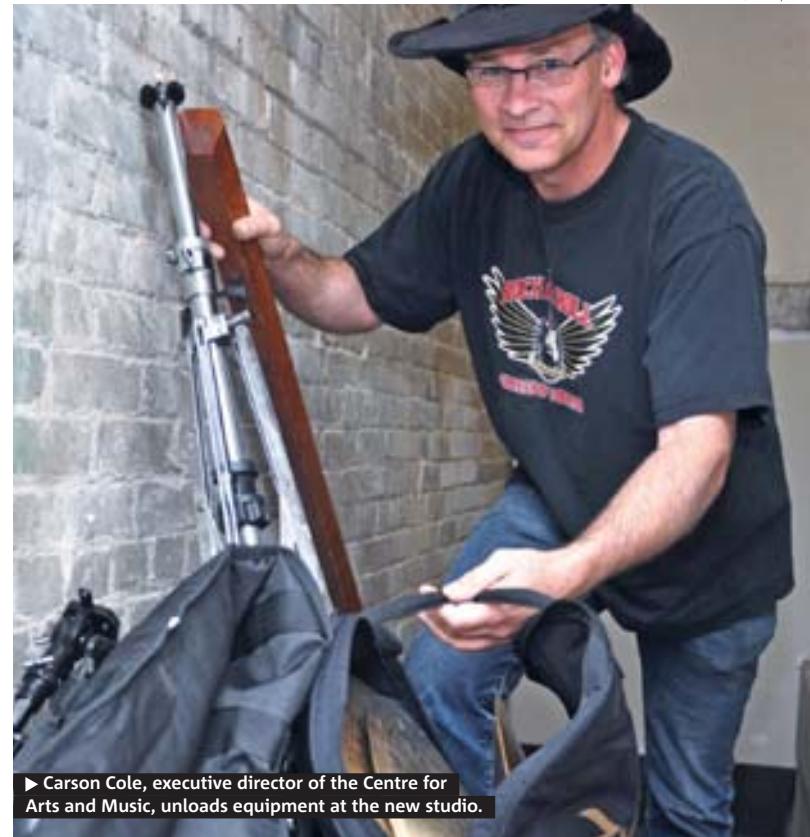
► Taking over. Performers Jefferson Starship, Big Brother & The Holding Company, Canned Heat, Gerry Doucette, Sweet, Nick Gilder & Sweeney Todd, along with many more, will take over the Heritage Amphitheatre on Aug. 12 and 13.

sions, which cost \$300 per head.

Cole is confident the remaining money needed to operate for two years will be raised so the program can begin in September.

The new students will be from St. Alphonsus School, Yellowhead Youth Centre and referred from Catholic Social Services.

A total of 21 kids were put through the pilot version of the program between April and July. They produced a nine-song CD and YouTube videos.



► Carson Cole, executive director of the Centre for Arts and Music, unloads equipment at the new studio.

Starting From the Low \$400's

BEATTIE HOMES

Introducing the Acclaim

With over 28 years of experience in building homes for families in Alberta, Beattie Homes continues to develop new designs for growing families like yours. The ACCLAIM is our newest model at 2124 sqft and to celebrate its launch Beattie Homes is offering an **additional 678 sqft of basement development at no additional cost**. To find out more about this limited time offer, please visit any of these communities below:

WestPark
Ft. Saskatchewan
FROM **\$411,900***
780-589-1215

McConachie
North Edmonton
FROM **\$425,100***
780-756-2870

Harvest Ridge
Spruce Grove
FROM **\$410,500***
780-962-6835

* Prices subject to change without notice. E&OE.

For more information on Beattie Homes and other communities they build in visit
BEATTIEHOMES.COM

Riots rage a second day in London

► Looting, arson, violence in wake of fatal police shooting Saturday ► North London area smoulders

Police deployed extra officers on London streets yesterday to prevent a repeat of Saturday's violence in north London's Tottenham area, which appeared to be quiet last night.

But disturbances broke out in Enfield, about eight kilometres north of Tottenham. TV footage showed riot and mounted police patrolling the streets, and there were also images of smashed shop windows and police with dogs detaining at least one man.

Social networking websites swirled with rumours of other riots beginning or being planned.

The violence has cast a pall over a city preparing to host the 2012 Olympic Games. **THE ASSOCIATED PRESS**

Saturday's rampage

- The protest against the death of Mark Duggan, a father of four who was gunned down in disputed circumstances Thursday, was initially peaceful.
- It got ugly as 300 to 500 people gathered around Tottenham's police station.
- Some protesters filled bottles with gasoline to throw at police lines, others confronted officers with makeshift weapons.
- Police in riot gear and on horseback clashed with hundreds of rioters, fires raged out of control and looters combed the area.
- Police said 26 officers were injured, and they made 55 arrests.



► A firefighter stands near the smouldering remains of a burnt-out building after riots on Tottenham High Road yesterday in London.

Bloodiest week in Syrian protests

Syrian troops fired on mourners at a funeral and raided an eastern city yesterday, killing at least 59 people in an intensifying government crackdown on protesters. Outrage was intensifying as well: Syria's Arab neighbours forcefully joined international condemnation against

President Bashar Assad's regime for the first time.

Even the king of Saudi Arabia — whose country does not tolerate dissent and lent its military troops to repress anti-government protests in neighbouring Bahrain — harshly criticized the Syrian government and said he was recalling his ambassador in Damascus for consultations.

More than 300 people have died in the past week, the bloodiest in the five-month uprising against Assad's authoritarian rule, since the regime stepped

up the crackdown on the eve of Ramadan.

The government's crackdown on mostly peaceful unarmed protesters demanding political reforms and an end to the Assad family's 40-year rule has left more than 1,700 dead since March, according to activists and human rights groups. Assad's regime disputes the toll and blames a foreign conspiracy for the unrest, which at times has brought hundreds of thousands of protesters into the streets.

THE ASSOCIATED PRESS

News in brief

Underfed baby will live: Doctors



DADAAB, KENYA. Only 10 days ago, Minhaj Gedi Farah was too weak to cry and his skin crumpled like thin leather under the pressure of his mother's hands. Now doctors say the severely malnourished

seven-month-old Somali appears out of danger of joining the more than 29,000 children who already have died in the famine.

THE ASSOCIATED PRESS

tourists saw a suspicious device. A bomb squad detonated the device, news agency ANSA said.

THE ASSOCIATED PRESS

Man killed seven: Police

COPLEY TOWNSHIP, OHIO. Police say a man went on a neighbourhood shooting rampage, killing seven and leaving victims in three homes before being shot and killed in a gunfight with a police officer and a former officer.

THE ASSOCIATED PRESS

Dream wildly. Rest easy.

Porsche Approved. Certified Pre-Owned Vehicles.

Presenting a rare instance of opposites happily co-existing. With the Porsche Approved Certified Pre-Owned Program, you will find yourself behind the wheel of a vehicle that's been meticulously inspected and reconditioned by a certified Porsche technician. Then backed by an industry-leading limited warranty. IntelliChoice recently named best luxury warranty for 2009. Which means you can rest easy knowing you've made not only a dream purchase, but a sound one too. Visit our website to learn more about the award, or experience the thrilling sense of security for yourself only at your authorized Porsche dealer. Porsche. There is no substitute.



2010 911 Targa 4
#PA8046 Atlas Grey Metallic
27,599 kms
\$119,900

2007 Boxster S
#PC8031 Black
22,770 kms
\$55,900

2011 Panamera 4
#PW8058 Ruby Red Metallic
17,480 kms
\$99,900



Norden Autohaus
17820 Stony Plain Road, Edmonton, AB
(780) 484-3000
www.porsche.ca/norden



If qualifying pre-owned Porsche Approved vehicle is purchased or leased while still under new vehicle warranty, maximum coverage is 6 years/160,000 km from original in-service date. If purchased or leased outside new vehicle warranty, maximum coverage is 2 years/160,000 km from date of purchase or lease. AMVIC licensee. Prices quoted are before GST.

News in brief

Cardiologist punished for bad texts

A Vancouver cardiologist has been suspended for three months and fined \$2,000 after admitting to sending inappropriate text messages to a patient last fall.

Dr. Alnoor Hassanali Karim Abdulla sent text messages following an appointment with a patient in October where the tone and content "could be reasonably perceived as demonstrating a personal interest beyond a professional relationship," the College of Physicians and Surgeons of British Columbia said in a statement.

His suspension began Aug. 2.

• PHYLICIA TORREVILLAS

Warning issued for mussels

The Canadian Food Inspection Agency (CFIA) is warning the public not to consume certain mussels that may contain Diarrhetic Shellfish Poisoning (DSP) biotoxin.

The affected mussels were harvested in British Columbia by Island Sea Farms Inc. between July 19 and Aug. 2.

THE CANADIAN PRESS

Man survives fall at party

A 21-year-old man has survived a six-storey fall from an apartment building balcony in Burlington, Ont.

Police say the man and his girlfriend attended a party at the apartment.

Officers are investigating an allegation that the man assaulted the host of the party just before he fell.

THE CANADIAN PRESS

CIA kept eye on Canada

► Declassified records show interest in economy, mining during Cold War

The CIA secretly painted Pierre Trudeau as a politician torn between being a leader of the Third World and a genuine player with global industrialized nations, declassified records show.

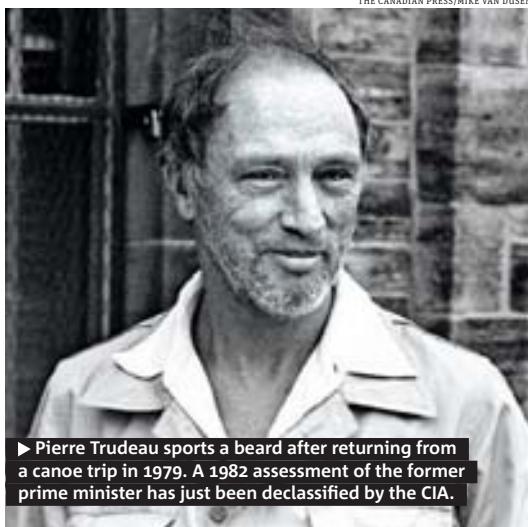
The January 1982 assessment of the Liberal prime minister's ambitions is among several detailed — and until now virtually unknown — analyses of the Canadian economy by the U.S. Central Intelligence Agency.

Through the U.S. Freedom of Information Act,

The Canadian Press obtained more than a dozen CIA reports that explore various aspects of Canadian commerce, industry and technology during the Cold War era.

CIA analysts pored over almost every available map of Canada, scrutinized Canadian mineral production, pondered Japanese interest in Alberta's tarsands, catalogued shipping trends and kept an eye on Canadian dealings with the Communist world.

THE CANADIAN PRESS



► Pierre Trudeau sports a beard after returning from a canoe trip in 1979. A 1982 assessment of the former prime minister has just been declassified by the CIA.

Memo forecasts tarsands pollution

Long before Canada's western tarsands became familiar to the world, the CIA recognized the "enormous

amounts of oil" along the Athabasca River, probing possible Japanese interest in the deposits in a 1972

memorandum.

A 1974 memo forecasts environmental concerns:

"The pollution issue and

opposition to defacing Alberta's landscape may arise but has not as yet."

THE CANADIAN PRESS

CHOOSE YOUR ANDROID AND GET UP TO A \$100 CREDIT

Not all Androids are created equal
Some come with up to a \$100 credit.*

With guaranteed rates, coverage across North America and no contract, Mobilicity is the smartest choice. Purchase an HTC Panache™ or a Motorola Spice™, and receive up to a \$100 credit when you add unlimited data to any unlimited plan. Now that's smart.™

mobilicity.ca

mobilicity
Now that's smart.

*\$100 credit is provided to customer's My Wallet™ account, in equal installments of \$25 per month for 4 months, when customer purchases an HTC Panache™ and activates a Mobilicity unlimited plan with data add-on, and may not be redeemed for cash and contain no cash value. \$50 credit is provided to customer's My Wallet™ account, in equal installments of \$25 per month for 2 months, when customer purchases a Motorola Spice™ and activates a Mobilicity unlimited plan with data add-on, and may not be redeemed for cash and contain no cash value. Taxes are extra. Limited time offer. Offer valid only at participating locations. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. Terms and conditions apply. Subject to change without notice. © 2011 Mobilicity. 'Mobilicity' and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

Mobilicity Stores

13720 - 40 St NW
6015 - 104 St
10615 - 170 St
10730 - 97 St
6574 - 28 Ave
#113 - 2920 Calgary Tr NW
Kingsway Mall
Northgate Mall
City Center Location
Bonnie Doon Mall
Londonderry Mall

Mobilicity In-Store Kiosk @ Money Mart

12959 - 97 St NW
10756 Jasper Ave
9426 - 111th Ave
13014 - 50th St
10377 - 51 Ave
10024 - 82nd Ave

Authorized Dealers

BCOM Computer Centre: 15830 - 118 Ave
BCOM Computer Centre: 3136 Parsons Rd
Cellular Toy Shoppe: 12528 - 132 Ave
Center Computer: 3873 - 99 St
Fix My Phone Inc: 9729 - 118 Ave
Gigatech Systems Inc: 10566 - 108 St
Glenora Food Mart: 14035 - 105 Ave
Hair Unlimited: #5, 10015 - 82 Ave

Sata Computer: #10, 8103 - 127 Ave
The Renovation Store: 12049 - 127 St
Variety Dollar: 3427 - 118 Ave
Your Mobile: 11729 Jasper Ave

► The biz from Brazil:
Stephen Harper departs yesterday for a six-day tour of Central and South America to drum up business for Canada.



PM on tour for trade

- Stops in Brazil, Colombia, Costa Rica and Honduras
- Canada-Colombia free-trade deal in effect Aug. 15

Prime Minister Stephen Harper left yesterday on a six-day swing through Latin America — first stop, Brazil, the world's seventh-largest economy. Harper's main goal is to boost trade between that country and Canada, but he will also talk about security in the region.

Harper is trying to cement trade ties with Latin America and the Caribbean. An April 2009 diplomatic cable from the U.S. embassy in Ottawa, published by WikiLeaks, suggests the prime minister believes Canada could hold more sway with the United States if his country had strong relations with other countries

Market moment

TSX	Dollar
- 217.96 (12,162.17)	+ 0.15¢ (102.24¢ US)
Oil	Natural gas
	1,000 cu ft \$3.956 US (+ 1.5¢)
+ 25¢ (\$86.88 US)	Gold contracts \$1,651.80 US (- \$7.20)

in the region.

“Harper had long been

favourably impressed by Australia's ability to exert outsized influence with the U.S. in particular — and other powers as well — by emphasizing its relations in its own neighbourhood,” the cable says, referring to a conversation with a senior Foreign Affairs official.

“PM Harper hoped to gain similar benefits for Canada by increased attention to Latin America and the Caribbean.”

The Canadian government has been in free-trade talks for a decade with the so-called Central American Four, consisting of Honduras, El Salvador, Guatemala and Nicaragua.

THE CANADIAN PRESS

High hopes for U.S. trade bills

The U.S. Congress is set to approve three big free-

trade agreements and the most significant overhaul of the patent system in 60 years when lawmakers return to work after Labour Day.

The main intent of the patent bill is to ease a backlog of 1.2 million

pending patents, while the trade deals with South Korea, Colombia and Panama could lead to the creation of at least 70,000 new jobs. Both the trade and patent measures have bipartisan support.

THE ASSOCIATED PRESS

FREE IMMIGRATION SEMINAR

DO YOU WANT TO APPLY FOR PR, AINP OR EXPERIENCE CLASS UNDER THE NEW IMMIGRATION LAWS? DO YOU NEED TO RENEW YOUR LMO OR WORK PERMIT OR SPONSOR FAMILY? ARE YOU IN NEED OF RESTORING YOUR STATUS IN CANADA? ARE YOU AN EMPLOYER LOOKING FOR FOREIGN WORKER SOLUTIONS?

Edmonton - 14th Aug, 11am - Quality Inn West Harvest, 17803 Stony Plain Rd
Calgary - Aug 20th, 10am - Quality Hotel Airport, 4804 Edmonton Trail NE
Bonnyville - Aug 15th, 11:30am - Family & Comm. Support Svcs. (Gym), 4714 - 48th St.
Ponoka, Red Deer and area - Aug 18th (by appointment)

Email: annarbour@annarbour.com - to reserve a seat, walk-ins welcome.

Sharmila Perera, (Certified Immigration Consultant License ICCRC #417167)

1.877.612.1222

www.annarbour.com

Event Sponsor: Shirley Davis Mortgage Advisor, Newmarket - 780.298.5042

to bring forward a constitutional amendment requiring the government to balance its budget.

Italy has debt equivalent to 120 per cent of economic output, the second highest in the eurozone behind Greece.

THE ASSOCIATED PRESS

News in brief

Bond plan to aid Italy, Spain

DEBT CRISIS. The European Central Bank says it will “actively implement” a bond-purchase program that could boost Spanish and Italian bonds and drive down interest yields that threaten the heavily indebted countries’ budgets.

That could help Rome and Madrid fend off market trouble until a eurozone bailout fund is approved to help them. Italy and Spain are trying to avoid financial collapses like those that have forced Greece, Ireland and Portugal to seek bailout loans.

Responding to market pressure, Italian Prime Minister Silvio Berlusconi promised on Friday to balance the country's budget by 2013, a year early, and

on by lawmakers who were willing to see the country default to get their way.

Meanwhile, former Federal Reserve chairman Alan Greenspan said he expects the stock-market slide to continue in the wake of the downgrade, but added he doesn't see any risk in investing in the U.S. and S&P's action won't change that.

He also said that while the downgrade “hit a nerve,” he can't foresee a scenario in which the U.S. will default on its debts.

THE ASSOCIATED PRESS

Verizon workers walk out

TALKS STALL. Some 45,000 Verizon Communications workers in the U.S. went on strike yesterday after talks fizzled over a new contract for more than one-fifth of the company's workforce. Verizon is the largest wireless carrier in the U.S. THE ASSOCIATED PRESS



Who are you running for?™

Brian's wife was diagnosed with breast cancer the day before their wedding.

Sunday, October 2, 2011
Walk, run and give generously.
Visit cbcf.org

Canadian Breast Cancer Foundation
CIBC Run for the Cure®

WAYS THE CITY CAN WORK FOR YOU

URBAN COMPASS

TERENCE HARDING
METRO EDMONTON



If you have ever wondered what difference architectural controls can make to the quality of life in a city, take a walk along Rice Howard Way. In the stretch from Jasper Avenue to the parkade, you'll find a new Mexican restaurant, a Vietnamese sandwich store and a Greek Restaurant.

The Greek restaurant has been there a while; the other two food outlets are new.

On a sunny day like last Friday, there are lineups at all three.

Unfortunately, there's not enough sidewalk space to create much outdoor seating. That's too bad, because after months of staying inside during our winters, we like to eat outside in the summer, and there are few places to do so in the downtown.

"Unfortunately, there's not enough sidewalk space to create much outdoor seating. That's too bad, because after months of staying inside during our winters, we like to eat outside in the summer, and there are few places to do so in the downtown."

to put retail on the ground floor, I suspect there would be restaurants there, too.

•••

This is a shout out to Chantelle at the City of Edmonton. She answers the city's 311 line.

The other day, a friend of mine called looking for an answer to a pressing question. One wasn't readily available, but that did not deter Chantelle.

Instead of just providing yet other number to call, she took it upon herself to call several city departments trying to find the information my friend needed. This took about 20 minutes and my friend was on hold the whole time.

But Chantelle kept her apprised of what was going on each step of the way. What Chantelle did was an example of customer service at its best. You could argue Chantelle was just doing her job, but in this age of automatic-attendant-press-1-for-service-in-English hell, actually talking to a human being is rare enough.

Finding someone with the kind of commitment to customer service Chantelle exhibited is even less common. Good on you, Chantelle.

And sorry if I have misspelled your name.



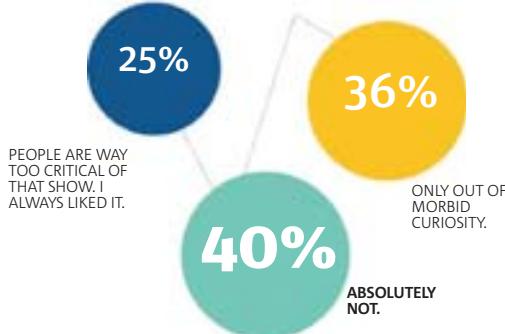
METRO EDMONTON • Suite 2070, 10123 - 99 Street • Edmonton, AB • T5J 3H1 • T: 780-702-0592 • Fax: 780-701-0356 • Advertising: 780-702-0592 • adinfoedmonton@metronews.ca • edmonton_distribution@metronews.ca • Publisher Steve Shroud, Managing Editor Darren Krause, Sales Manager Cheryl Skogg, Distribution Manager Jim Hillman • METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Managing Editor, News and Business Amber Shortt, Scene/Life Editor Dean Lisk, Managing Editor, Night Production Matt LaForge, Associate Managing

Editor, News and Business Kristen Thompson, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown



Register at metropolitanpanel.ca and take the quick poll

Will you be watching the Ashton Kutcher-led Two & A Half Men?



Local tweets



► **@AndrewNg_**:

Did you know it's been 120 years since the

first Ukrainian pioneers settled in Canada? Celebrating at the village east of #yeg

► **@CstPower**: The next #EPS recruiting information session is August 10, 2011 7-9pm. Visit www.joineps.ca for registration and details #yeg

► **@Michael_Gibson**: As a cloverdale resident, I'm very happy with how organized and resident friendly the Edmonton Folk Festival has been over the weekend. #yeg

► **@KerryPowell**: Thanks to @lucastimmons for helping keep #yeg safe for kitties, one tweet at a time. #yegcat

► **@livingsanctuary**: James Keelaghan should be known to every Canadian. He captures vignettes of the country so beautifully. #efmf #yeg

► **@Ch4mWow**: This little gust of wind isn't helping because I'm wearing a skirt um #notcool #yeg

► **@berenikak**: I seem to be really connecting w/ Bruno Mars at the moment 'today I don't feel like doing anything.. #yeg

► **@TrevorBoller**: Edmonton. The city that summer forgot. #brr

Cartoon by Michael de Adder



WEIRD NEWS

Off-the-rack performance enhancement?

Baseball seems to have come through its Steroid Era and is now apparently trying to avoid a Mammal Era.

Officials have warned players in both the major and minor leagues to stop using deer antler spray because it could be construed as a performance-enhancing drug.

The substance is taken from the antlers of young deer, ground up and manufactured into a spray which is in-

gested under the tongue.

According to Sports Illustrated, the velvet from young deer antlers contains an "insulin-like growth factor, which mediates the level of human growth hormone in the body."

IGF-1 has been banned by, among other groups, the World Anti-Doping Agency because one of its uses is to build muscle and cut fat.

Major league baseball, with a recent history tainted by tawdry stories of hitters and pitchers juicing to become stronger and faster, banned one specific brand because, according to Sports Illustrated's report, it has "potentially contaminated nutritional supplements," namely methyltestosterone, a banned steroid.

TORSTAR NEWS SERVICE



Super fast. Super thin. Superphone.

Samsung GALAXY S II 4G 

Introducing the new Samsung Galaxy S II™ 4G superphone. With a dual-core processor and blazing-fast speeds of up to 21 Mbps (expect average speeds of 3.5 – 8 Mbps),¹ you'll be able to surf, stream and share faster than you ever thought possible. It has a stunningly vivid, 4.3" Super AMOLED Plus screen, an 8MP camera and a 1080p camcorder. And all this is packed into a cutting-edge, ultra-slim design. There's never been a better time to get on the best network, with the largest 4G coverage and the fastest 4G speeds across Canada.²

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Bell being with
Bell just
got better

Also available at these retailers:



Available at the following
Bell stores:

BANFF
Cascade Plaza

CALGARY
218 Saddletowne Circle
1002 - 17th Ave. S.W.
4801 Westwinds Dr.
9650 Harvest Hills Blvd. N.E.
Beacon Hill Centre
Chinook Centre
Chinook Centre (kiosk)
Crowfoot Crossing
Deerfoot Meadows
Deerfoot Outlet Mall
Eaton Centre
Forest Lawn Shopping Centre
Market Mall
Market Mall (kiosk)
Marlborough Mall
Marlborough Mall (kiosk)
North Hill Shopping
Centre (kiosk)
Northland Village
Shawnessy Village
Southcentre Mall
Southcentre Mall (kiosk)
Southpointe Shopping Centre
South Trail Crossing
Sunridge Mall
Sunridge Mall -Kiosk
Westbrook Mall

CANMORE
105 - 802 Bow Valley Trail

EDMONTON
3918 White Mud & 17th St.
6143 - 28th Ave.
9774 - 170th St.
10603 - 107th Ave.
17551 - 100th Ave.
12804 - 82nd St.
14808 Stony Plain Rd
18559 Stony Plain Rd
Abbotsford Shoppers Mall
Bonnie Doon
Capilano Mall
Edmonton City Centre
Kingsway Mall
Kingsway Mall (kiosk)
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Northgate Centre (kiosk)
Sherwood Park Mall
South Edmonton Common
South Park Centre
Southgate Mall (kiosk)
St. Albert Trail at 137 Ave.
West Edmonton Mall
West Edmonton Mall (kiosk)
Westmount Centre
Whyte Avenue at 107 St.

FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre

GRANDE PRAIRIE
Prairie Mall

LEDUC
4916 - 50th Ave.

LETHBRIDGE
Park Place
SmartCentres Lethbridge

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall

PEACE RIVER
10632 - 100th St.

RED DEER
Bowry Place Shopping Centre
Parkland Mall

ROCKY VIEW
CrossIron Mills Mall

SPRUCE GROVE
Creekside Centre

ST-ALBERT
460 - 140 St-Albert Rd.
St. Albert Centre

WHITECOURT
3439 - 34th Ave.

Available with compatible devices within network coverage areas available from Bell Mobility. Other conditions apply. (1) Actual speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) With compatible devices. Based on comparison of national networks: (a) fastest network in more places, according to tests of average upload and download speeds in large urban centres across Canada (b) largest network, based on total square kms of coverage, and (c) average call failure rate on par, based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ (4G) network available from Bell vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/EDGE coverage in certain parts of Manitoba. Speed may vary due to topography, environmental conditions, device type and other factors. See bell.ca/network for details. Samsung Galaxy S II is a trademark of Samsung Electronics Co., Ltd., used in Canada under licence. Android and the Android Logo are trademarks of Google, Inc.



Box office

Apes have climbed to the top rung of the weekend box office. According to studio estimates Sunday, *Rise of the Planet of the Apes* took in \$54 million to open as the No. 1 movie.

THE ASSOCIATED PRESS



Scan this code to find out if *The Twilight Saga* once again clawed the competition at last night's Teen Choice Awards.



Howard needs no help

► Despite her famous roots, Bryce Dallas Howard remains down to earth
 ► Actress plays wealthy Mississippi socialite Hilly Holbrook in *The Help*



**RICHARD
CROUSE**

SCENE@METRONEWS.CA

At the beginning of my interview with Bryce Dallas Howard she does something I've never experienced before in a celebrity sit-down. Curled up on a couch in Toronto's Park Hyatt Hotel, the star of

The Help does something really un-celebrity-like — she offers to hold the microphone I'm using to record our chat.

It's a small thing, but it goes a long way to creating a portrait of the down-to-earth Golden Globe nominee, who is best known for roles in blockbusters like *Spider-Man 3*, *The Twilight*

Saga, *Eclipse* and *Terminator Salvation*.

Surrounded by celebrity from birth — her father is TV icon Ron Howard — she has observed stardom up close and has strong opinions about fame.

"It's weird that we expect celebrities to behave like they're so entitled," she says. "I think it's be-

cause a lot of celebrities do, and that's just absurd."

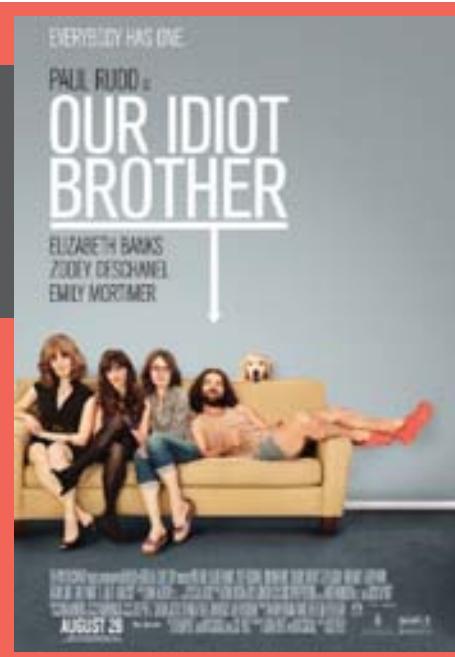
This is coming from someone whose godfather is Henry Winkler.

When I ask if fame is important to her personally she is quick to answer.

"No. Not at all. One of the things I feel most grateful for is that I don't live the life of a famous person."

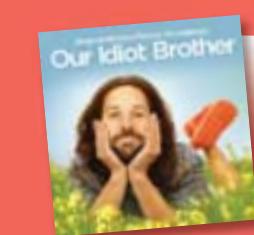
Howard on Holbrook

► "She's an adult woman who is still behaving as though she's in high school. I think that at that time women didn't have that much power so that dynamic was very present because that was a way in which women kept control in society, whereas now it's much different and those kind of women don't need to act out in that sort of way."



EVERYBODY HAS ONE
 PAUL RUDY:
**OUR IDIOT
BROTHER**
 ELIZABETH BANKS
 ZOOBY DESCHANEL
 EMILY MORTIMER

YOU COULD
WIN A PASS FOR TWO TO THE
 ADVANCE SCREENING
 OF **OUR IDIOT BROTHER**



You could also **WIN** a copy of the soundtrack featuring Willie Nelson, Carole King and more!

Courtesy of Abkco Records



MAPLE
PICTURES



To register and for full contest details visit clubmetro.com

IN THEATRES AUGUST 26

Hot ex-wrestler pins down George Clooney

► **From brunette to blonde:** One of Hollywood's most eligible bachelors rebounds nicely ► **Pair plans to keep relationship private, says source**

George Clooney is reportedly rebounding from Elisabetta Canalis with ex-wrestler Stacy Keibler, according to Us Weekly.

"It's more than just a fling," a source says of the pair, who have known each other for about four years.

"They're basically exclusive at this point. They like each other's sense of

humour. Obviously they're both physically attracted to one another."

But the new couple apparently plans to keep things private when it comes to their relationship.

"I don't see her hitting any of the red carpets with him," the source adds.

● METRO



'I did not steal someone's husband': Denise Richards

Denise Richards is using the press tour for her new memoir, *The Real Girl Next Door*, to clear up a few things about her past relationships — specifically, that she did not steal Richie Sambora from Heather Locklear.

Richards says that she and Sambora "were friends and we were both going

through divorces, and that's what drew us to each other," according to Hollyscoop.

"I did not steal someone's husband. Did I date a former friend's ex-husband? Yes. Did I break up a marriage? No."

Richards started dating Sambora shortly after he divorced Locklear.

And besides, Richards insists there was no friendship with Locklear to ruin at the time.

"If I was still friends with her, that never would have happened with Richie," she says.

"There was no friendship anymore prior to Richie and I getting together." ● METRO

Celebrity tweets

Divorce drama

J.Lo fights to keep twins

CUSTODY BATTLE. The "amicable" part of Jennifer Lopez and Marc Anthony's split is apparently done, as the inevitable custody battle has reportedly gotten underway with Lopez looking for sole custody of their infant twins, according to Us Weekly.

"They are always with their mom. Jennifer lights up around her kids. She's incredible, balancing work and being a good mom," a source says. ● METRO

Just realized I may have more framed pictures of pets than socially acceptable...

Somehow a double-A credit rating seems more American anyway.

Today was the first time I parked in my reserved parking spot on Universal lot in 8 years!

u know it's gonna be a good show when someone brings u rainbow colored rice krispie treats.

Amy's legacy goes beyond her music

Amy Winehouse's family is reportedly planning to turn her \$4 million north London home into a rehab centre and the offices of the Amy Winehouse Foundation, according to the Sun.

"They don't want to rent it out and if they sold it they think it could attract the wrong kind of buyer as it was where Amy passed away," a source says.

"Everyone is united in making it a success — the label, her family, friends and management. (Her father) Mitch (Winehouse) has big plans and needs a nice environment where employees will be able to



carry out their work properly."

● METRO

WALT DISNEY STUDIOS INVITES YOU TO ENTER TO WIN A BLU-RAY™ AND DVD COMBO PACK OF MARS NEEDS MOMS!

AVAILABLE IN STORES AUGUST 9

VISIT club metro.com TO ENTER

To register and for full contest details visit clubmetro.com

IN THEATRES AUGUST 19TH

WIN AN ADVANCE SCREENING PASS FOR TWO TO SEE FRIGHT NIGHT!

VISIT club metro.com TO ENTER

www.welcometofrightnight.com

To register and for full contest details visit clubmetro.com



LONG DISTANCE

LOWEST RATES TO THE WHOLE WORLD GUARANTEED!



Make long distance calls from
your home or cell phone!

Now 3.9¢/min Now 5.9¢/min Now 1.9¢/min Now 7.9¢/min



Bangladesh



Iran



Romania

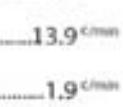


Ukraine

Now 1.9¢/min Australia 1.9¢/min



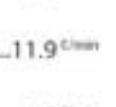
Australia 1.9¢/min



Pakistan 5.9¢/min



Poland 1.9¢/min

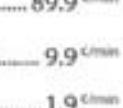


Russia from 1.9¢/min

Now 89.9¢/min Cuba 89.9¢/min



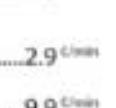
El Salvador 9.9¢/min



South Korea 2.9¢/min



Sri Lanka 9.9¢/min

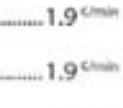


Trinidad 4.9¢/min

Now 2.9¢/min India 2.9¢/min



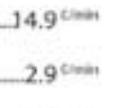
Israel 1.9¢/min



U.A.E. 14.9¢/min

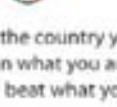


Italy 1.9¢/min

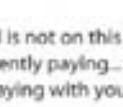


U.K. 2.9¢/min

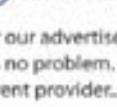
Now 7.9¢/min Lebanon 7.9¢/min



Mexico from 1.9¢/min



Vietnam 4.9¢/min



Serbia 7.9¢/min

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!

Unlimited Canada

\$5
/month

Unlimited Calling to Anywhere in

CANADA



Available on your home or
cell phone.

1cent to India

1¢
/MIN

Calling India at only 1 cent
per minute. (Land and
mobile included).

\$ 10/month 1000 Minutes per Month -1¢



1-866-769-9604

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitor's lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 bundle carries a monthly fee of \$2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overman Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.



HOME PHONE LINE

UNLIMITED WORLDWIDE CALLING INCLUDING INDIA & 50+ COUNTRIES

Limited Time Offer

\$2995
/month

You're going to love the quality!

Unlimited Calling to
India & 50+ Countries



All Features FREE

- Voice Mail
- Call Forwarding
- Call Waiting
- 3 Way Calling
- Caller ID
- and much more...

Absolutely
RISK FREE
TRIAL
PERIOD



Satisfaction Guaranteed!

6 MONTHS FREE



1-866-769-9604

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The 6 Month Free Promotion and the rate of \$29.95 is based on a 12M term. You have a 30 Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within 30 days with no further obligation. You will receive 6 months free service if you transfer your phone number from your existing provider to Comwave in the first 30 days. Terms and conditions apply, see www.comwave.ca for details.

3

life

You
need thisGreen Toys
Tugboat

This bath toy is our new favourite, and not just because of the wide spout that allows kids to pour water all over the place. It's made from recycled milk containers and has no BPA or PVC coating.  MWN



GREEN TOYS

\$14.99,
greentoys.com

Quick, low-cost tests can accurately detect developmental delays in kids: study.



by Adam Mansbach · illustrated by Ricardo Cortés

An honestly funny book

After it went viral online, the children's book *Go the F— to Sleep* became a bestseller — before it was even released  Metro sat down with the author to talk about the sensation



DOROTHY ROBINSON

METRO WORLD NEWS

When novelist Adam Mansbach's baby daughter Vivian wouldn't go to bed, he took the phrase that ran through his head and decided to set it to a poem. He got his friend Ricardo Cortés on board to illustrate, and the result, the children's book *Go the F— to Sleep*, is now the publishing success of the year. Produced by the small Brooklyn press Akashic Books, the title reached No. 1 on the New York Times bestseller list — before it was even published.

With 400,000 copies of the book in print, Mansbach is just as surprised as you.

Can you give readers a little backstory on the huge wave of popularity for the book?

I gave a reading from the book on April 23, months before it was to be published in October, just to try it out. It was at this art salon in Philadelphia and I was the last one to go on. I read after this 97-year-old tap dancer, which is a tough act to follow. The reaction was so strong. People asked me about the book and I said they could pre-order it on Amazon. The next morning, I thought to check it and be-

fore that reading we didn't even have an Amazon ranking, and when I checked it, it was at 125. I write novels — if they hover around the thousand mark when they're published, that's respectable.

So from that Amazon ranking, it just picked up.

Right. The first wave of media followed and all they had to go on was a cover and a sample verse but it obviously hit a chord. Then PDFs we sent out to book-sellers leaked and they started ricocheting on the Internet. I've talked to people who told me they got the forward of the PDF 50 times. It was

just all over in a crazy way. People thought it was part of a brilliant marketing campaign. Meanwhile, I was trying to file cease and desist orders.

Do you think anyone will actually read it to their baby?

I certainly hope not. I'm getting tons of e-mails saying they are going to give it as a baby shower gift or a Father's Day gift. People even tell me they are buying it for their kids to give to them when they're older, when they have their own kids so they know what they went through.

Are you doing a second book?
It's certainly tempting. But

I don't want it to be a crappy book just to keep this thing going. This is good because it's an original idea. Some people are like, 'Why don't you do Eat Your Fu—ing Vegetables?' And I'm like, 'That's kind of funny but I don't know if that's a whole book.' I want to reinvent something. But we are doing a G-rated version of the book. Johnny (the book's publisher) has a five-year-old and a three-year-old. And he read it to his kids — he censored it while he went — and his kids thought it was hysterical. Kids get it — they know they are pulling all this s— on us.

WagJag.com

DEAL OF THE DAY!

\$79 for a Double-Treatment In-Office Whitening at Beaming White in Edmonton (a \$199 Value)

HIGHLIGHTS

- Two treatments.
- State of the art cold LED blue light technology.
- Undo years of staining.

Regular Price: \$199

You Save: \$120

Discount:

60%

Lemony summer pasta

► This dish uses lemon juice & fresh herbs to take flavour to another level

Fresh pasta coated with cream, cheese and fresh-from-the-garden herbs makes a spectacular and refreshing light side dish or entrée. Fresh herbs are essential in this recipe to give it full flavour.

Preparation:

- 1 In skillet, combine butter and sage; heat over medium-high heat, stirring constantly until butter melts and sage starts to sizzle. Add garlic; sauté for about 1 minute or until butter and garlic start to brown. Gradually pour in vegetable broth, cream and lemon juice; cook, stirring occasionally, for about 3 minutes or until slightly thickened. Stir in ricotta cheese and cook, stirring, until combined. Remove from heat.
- 2 In a large pot of boiling salted water, cook pasta

Ingredients:

- 50 ml (1/4 cup) butter
- 30 ml (2 tbsp) chopped fresh sage
- 15 ml (1 tbsp) crushed garlic
- 175 ml (3/4 cup) vegetable broth
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 30 ml (2 tbsp) fresh lemon juice
- 250 ml (1 cup) fresh or frozen small green peas
- 250 ml (1 cup) ricotta cheese
- Salt and freshly ground pepper, to taste
- 500 g (1 lb) fresh linguini
- 125 ml (1/2 cup) grated Parmesan cheese
- 50 ml (1/4 cup) finely chopped fresh basil or mint



► This recipe makes four main dishes or six side dishes.

according to package directions or until desired doneness. Drain.

- 3 Add pasta to cream sauce in pan; toss to coat. Sprinkle with

Parmesan and basil; toss to coat. Season with salt and pepper. Serve..

THE CANADIAN PRESS / CHEF PAUL ROGALSKI OF CALGARY'S ROUGE RESTAURANT FOR DAIRY FARMERS OF CANADA

Rose Reisman's Swap It

You'll be surprised at how innocent shakes and blasts appear, especially since you think you're saving calories by not having standard ice cream treats.

MEDIUM BASKIN ROBBINS VANILLA SHAKE
980 CALS/ 45 G FAT/ 117 SUGAR



SWAP IT!

MEDIUM BASKIN ROBBINS CAPPUCCINO BLAST, BLENDED
410 CALS/ 13 G FAT/ 32 G SUGAR

THIS CAPPUCCINO BLAST IS MADE WITH SOFT ICE CREAM, WHICH REDUCES THE CALORIES AND FAT.



FOR MORE VISIT ROSEREISMAN.COM

Rocco DiSpirito's healthy fried chicken

Preparation:

- 1 In bowl, place sliced red onion. With fine grater, zest skin of 1 lime over onion. Slice zested lime as well as three additional limes in half, then squeeze juice over onion. Add pinch of salt, then mix. Submerge onion in juice; use squeezed limes as a weight to push down onions sticking out of juice. Cover onion with a tight-fitting lid and refrigerate. Marinate onion in juice for as long as possible, at least 15 minutes or 3 days.
- 2 Pour oil into large heavy pot. There should be at least 5 cm (2 inches) of oil in pot. Clip deep-frying thermometer to the side of pot according to

the manufacturer's directions. Set heat to medium and heat oil to 200 C (400 F). Do not cover pot.

- 3 Cut each chicken thigh into 4 to 5 even chunks. Arrange chunks on a microwave-safe plate and season both sides with pepper and 3 ml (1/4 tbsp) of the Adobo powder. Microwave on high for 1 1/2 minutes. Turn each piece of chicken over, then microwave on high until chunks are just cooked through, about another 1 to 2 minutes, depending on microwave. Let cool.

- 4 In bowl, place egg whites and beat with fork until just foamy, about 1 minute. In a

separate wide and shallow bowl, combine remaining Adobo powder, paprika, cornmeal and flour. Add chicken pieces to egg whites and toss to coat.

- 5 One at a time, lift chicken pieces from egg whites and transfer to flour mix, turning each to coat thoroughly. Let chicken sit in one layer over flour mixture. Wash and dry hands thoroughly prior to assembling salad.

- 6 Place iceberg chunks in a bowl and add cherry tomatoes. Drain lime juice from onions (reserving juice) and add onion, dash of salt and 30 ml (2 tbsp) of the reserved lime juice to

lettuce and tomatoes. Toss to dress. Divide salad among 4 serving plates. Divide avocado.

- 7 Working in 4 batches, fry chicken pieces in oil until

deep golden brown, about 12 seconds. Using metal tongs, remove chicken from oil and transfer to plate with paper towels to drain any excess oil.

- 8 Divide chicken among salads, then top each with 4 sprigs of cilantro. Slice remaining lime into 4 wedges and serve one with each salad.

THE ASSOCIATED PRESS

Looking to advance your career with an exceptional company? Cash in with us!

We are currently looking for



Collection Specialists and a Reporting Analyst

Our National Collections Center (NCC) is looking for experienced full time Collectors to add to our team. Reporting to the Collections Supervisor, you will work within a fast paced, competitive collection atmosphere always striving to achieve higher performance levels. As the ideal candidate you will have 1 year of experience and a high school diploma, professional verbal and written communication skills, strong negotiation skills and a high attention to detail.

The Reporting Analyst will report to the Dialer/Reporting Analytics Manager, this position will assist in all facets of reporting, technical and day to day functions within the National Collection Center. The ideal candidate will have 2 years experience in a similar role. Information technology and/or telephony background is an asset. The applicant must be proficient in Microsoft Office at an intermediate level as well as possess strong working knowledge of office procedures. Furthermore, the applicant should have the ability to multi-task, deal with changing priorities, and manage deadlines proficiently.

Join us and experience the exceptional opportunity!!

If one of the mentioned positions interests you, please submit your resume to: Geordie Williams - geordie.williams@csfinancial.ca quoting 'Collections Specialist' in the subject line. OR Brenda Creighton - brenda.creighton@csfinancial.ca, quoting 'Reporting Analyst' in the subject line.

Note: All candidates offered employment are required to have a criminal records check completed.

**Exceptional Opportunity.
Everyday People.**

Ingredients:

- 1 small red onion, halved and thinly sliced
- 5 limes, divided
- Salt
- 2 l (8 cups) grapeseed oil
- 500 g (1 lb) boneless, skinless chicken thighs

- Ground black pepper
- 37 ml (2 1/4 tbsp) Goya Adobo seasoning, divided
- 2 egg whites
- 37 ml (2 1/2 tbsp) sweet Hungarian paprika
- 50 ml (1/4 cup) finely ground yellow cornmeal
- 175 ml (3/4 cup) whole-wheat flour
- 1 l (4 cups) chunked iceberg lettuce (5-cm/2-inch pieces)
- 16 cherry tomatoes, quartered
- 1/2 ripe Hass avocado, peeled and cut into 8 chunks
- 16 sprigs fresh cilantro

Reading up on eco-friendly

► Canadian firm now making greener, better books ► Taking a look at how to ensure a future for their readers



BEN KNIGHT

GREEN@METRONEWS.CA

Books are made of paper. Paper comes from trees. So how can a major book publishing company become environmentally friendly?

Scholastic Canada is one of this country's largest publishers — and distributors — of children's books and educational materials. The company has recently undertaken a broad range of eco-friendly initiatives, covering everything from the paper they use to the trucks that deliver their products.

"Books are not disposable or consumable products, used once and then thrown in the trash," says Wendy Graham, Scholastic's vice-president of education. "They are treasured, kept, shared, read and re-read, in homes, schools and libraries. Books, especially children's books, are very



ISTOCK PHOTOS

► E-books and other digital platforms can pose environmental problems by using non-renewable resources.

much re-used, and are also recyclable when they are worn out."

Adhering closely to guidelines from the Forest Stewardship Council (FSC),

Scholastic has set some ambitious environmental standards. FSC paper is

other digital platforms — can also pose significant environmental problems.

"We need to realize that dedicated e-readers and the other small electronic devices on which digital books are read are created made from non-renewable resources: plastics, rare earths and other metals," notes Graham. "They are not easily recyclable when shiny new models come along."

The commitment to eco-friendly paper goes all the way to the copying machines in Scholastic's offices.

Biodegradable plastic is used in packaging, and all delivery companies — large and small — have to be running clean, fuel-efficient vehicles. All this is necessary, Graham concludes, because books will continue to be an essential, hugely important part of education and the preservation of human knowledge — far into the future.

Statistics

By the numbers

► **Purchases** According to the most recently available census data, Albertans spend an average of \$42.54 a year on books (excluding school texts). That's a total of \$140-million across the province. Ontario leads the country (\$610-million), while Prince Edward Island spends the least (\$4.2-million).

used whenever possible, and use of recycled materials is being pushed to the practical maximum.

"In whatever form we are producing books, we need to make sure that they are environmentally responsible and affordable for the masses," Graham says.

That's important, because newer publishing formats — e-books and

Service Directory

To advertise call 780-702-0592

FINANCIAL

MoneyProvider.com
\$500 Loan and more
 No credit refused
 Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

NEED MONEY?
 ✓ No credit checks
 ✓ Fast approvals
1-866-499-5629
 And get cash now!!
www.mynextpay.com

BREAKING DOWN BIOPOLYMER PURCHASES

I recently bought a toothbrush made from bioplastic. Will it really break down in my backyard composter? *Erin of Vancouver, BC*

QUEEN OF GREEN

LINDSAY COULTER
 GREEN@METRONEWS.CA



It's possible, but I can't speak from

experience.

Check the packaging to see if your toothbrush meets standards ensuring that it's certified as biodegradable and compostable.

You should notice a black and white logo with a leaf and an arrow that

says "compostable."

This means it meets the Biodegradable Products Institute, or BPI, standards for compostability (ASTM 6400 D99 and ASTM 6868).

Some may also mention "European Bioplastics standards (EN

13432)."

In 1999, BPI created a certification program that requires the product to decompose within 60 to 180 days.



David
Suzuki
Foundation

Larch Park at Magrath

TIME FOR A NEW WAY TO LIVE.

for more info visit: larchpark.ca

4

sports

Quoted



"Now I know I can stick and I can play with these guys. I knew I could before, but it's just a question of me getting the opportunity."

LANGLEY, B.C.'S BRETT

LAWRIE, WHO HIT HIS FIRST MAJOR-LEAGUE HOME RUN IN THE TORONTO BLUE JAYS' 7-2 WIN IN BALTIMORE

YESTERDAY.

LAWRIE MADE HIS MLB DEBUT FRIDAY AGAINST THE ORIOLES AND DURING A MEMORABLE SERIES HIT .455.

Caddie. Smacked



► Tiger Woods hits from a bunker of the World Golf Championships — Bridgestone Invitational yesterday in Akron, Ohio.

ANDY LYONS/GETTY IMAGES

Ex-caddie, Scott rejoice in win, Tiger falls out of contention

After missing three months with a leg injury, Tiger Woods finished a tournament for the first time since the Masters in April and closed with a 70 yesterday to tie for 37th. Adam Scott was nearly flawless to earn his first World Golf Championship title. He celebrated with a caddie who has won quite a few more. Steve Williams, fired last month by Tiger Woods after a 12-year partnership, felt like a bigger winner when Scott rolled in one last birdie for a 5-under 65 and a four-shot victory in the Bridgestone Invitational. Williams, who carried Woods' bag for 72 wins — including 13 majors and 16 world titles — called it "the best win of my life." THE ASSOCIATED PRESS

Junior judgment underway

► Level of Team Canada's talent will depend largely on which players can stick with NHL clubs

A final chore of summer camp for the coaches of Canada's junior men's hockey team was posting the names of the 47 invitees on a white board in order of preference.

That doesn't mean head coach Don Hay and his crew are going to get who they want.

The names are on movable cards, so Hay, assistants George Burnett and Ryan Huska and Hockey Canada head scout Kevin Prendergast could shuffle according to their opinions. The depth chart was

to be assembled following yesterday's intra-squad game in Fort McMurray, Alta., to conclude the six-day camp.

But once the hockey season starts, those names will circulate around that white board, and NHL club commitments could cause some to disappear.

There was enough talent on display at the summer camp in Edmonton to indicate Canada can win gold at the 2012 world junior hockey championship starting Dec. 26 in Edmonton and Calgary.

"At this tournament, we're going to take the players who are playing really well going into it."

HOCKEY CANADA HEAD SCOUT
KEVIN PREDERGAST

The goaltenders were solid and the defencemen were deep in size and talent. The forwards have the skill and smarts to play a shifty brand of offence.

How much of that talent will be available to Hay in December? Hay may be

forced to look lower on the white board when he chooses about 35 for his selection camp in Calgary.

"You look at the high draft picks, the second-year players, there's a good possibility they might not be here so you have to evaluate," Hay said. "For us, we have to have a feel for where that depth chart is, what type of players we're looking for to fill in the holes and then watch how they play in September and October."

After a run of five straight gold medals from

2005 to 2009, Canada took silver in 2010 in Saskatoon and was runner-up again this year in Buffalo, N.Y.

There are seven players eligible to play for Canada a second straight year. They would provide valuable experience in a tournament for 18- and 19-year-olds. Goaltender Mark Visentin, defenceman Erik Gudbranson and forwards Brett Connolly, Sean Couturier, Quinton Howden, Ryan Johansen and Jaden Schwartz are all possible returnees.

THE CANADIAN PRESS

INSTANT CREDIT APPROVAL • 30 SECOND CREDIT APP

**Call Scotty Today
866.938.0916**

FOR INSTANT APPROVAL OR VISIT
SHERWOODFORD.CA
30 SECOND CREDIT APP!



2012 FORD FOCUS
MANUAL TRANSMISSION \$16,400
\$82/wk

2010 FORD FUSION
053943A, BLACK \$14,000
\$59/wk

2008 FORD EDGE
B1029A, BLUE
\$75/wk

2011 F150 XLT
30550, FULLY LOADED, NEW \$28,477
\$107/wk

ALL PRICES INCLUDE GST & ARE BASED ON 9.49% OVER 72 MONTHS. FEES EXTRA

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	70	43	.619	—
New York	69	44	.611	1
Tampa Bay	59	54	.522	11
Toronto	58	56	.509	12/
Baltimore	44	67	.396	25

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	56	.500	4
Chicago	55	58	.487	5/
Minnesota	51	63	.447	10
Kansas City	49	65	.430	12

WEST DIVISION

	W	L	Pct	GB
Texas	64	51	.557	—
Los Angeles	63	52	.548	1
Oakland	51	63	.447	12/
Seattle	49	64	.434	14

Yesterday's results

Toronto 7 Baltimore 2
Oakland 5 Tampa Bay 4 (10 ings)
Chicago White Sox 7 Minnesota 0
Kansas City 4 Detroit 3
L.A. Angels 2 Seattle 1
Texas 5 Cleveland 3
Boston 3 N.Y. Yankees 2 (10 ings)
Saturday's results
Boston 10 N.Y. Yankees 4
Baltimore 6 Toronto 2
Chicago White Sox 6 Minnesota 1
Detroit 4 Kansas City 3
Oakland 8 Tampa Bay 0
Cleveland 7 Texas 5
Seattle 5 L.A. Angels 1
Tonight's games
All Time Eastern
Chicago White Sox (Danks 4-9) at Baltimore (Guthrie 5-15), 7:05 p.m.
Boston (Wakefield 6-4) at Minnesota (S.Baker 8-6), 7:10 p.m.
Kansas City (Hochevar 8-8) at Tampa Bay (Hellekson 10-7), 7:10 p.m.
Seattle (Furbush 2-3) at Texas (M.Harrison 9-8), 8:05 p.m.
Tomorrow's games
Chicago White Sox at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Boston at Minnesota, 8:10 p.m.

GOLF

WGC BRIDGESTONE INVITATIONAL

At Akron, Ohio
Par 70
Final Round
Adam Scott, \$1,400,000 62-70-66-65—263
Rickie Fowler, \$665,000 68-64-69-66—267
Luke Donald, \$665,000 68-69-64-66—267
Jason Day, \$322,500 63-70-66-69—268
Ryo Ishikawa, \$332,500 67-68-64-69—268
Kyung-tae Kim, \$215,000 66-72-66-66—270
Zach Johnson, \$215,000 70-68-64-68—272
Rory McIlroy, \$215,000 68-66-67-67—270
Lee Westwood, \$152,500 67-71-68-65—271
David Toms, \$152,500 68-68-66-67—271
Aaron Baddeley, \$117,333 68-70-69-65—272
Fredrik Jacobson, \$117,333 68-66-67-71—272
Martin Laird, \$117,333 66-67-67-72—272

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	74	40	.649	—
Atlanta	66	49	.574	8/
New York	56	57	.496	17/
Florida	55	59	.482	19
Washington	55	59	.482	19

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Cincinnati	55	59	.482	9/
Pittsburgh	54	59	.478	10
Chicago	49	66	.426	16
Houston	37	77	.325	27/

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	52	.548	—
Arizona	62	52	.544	1/
Colorado	53	62	.461	10
Los Angeles	52	61	.460	10
San Diego	51	64	.443	12

Yesterday's results

Atlanta 6 N.Y. Mets 5
St. Louis 8 Florida 4
San Diego 7 Pittsburgh 3
Milwaukee 7 Houston 3
Cincinnati 8 Chicago Cubs 7
Washington 3 Colorado 2
San Francisco 3 Philadelphia 1
Arizona 4 L.A. Dodgers 3
Saturday's results
Chicago Cubs 11 Cincinnati 4
Philadelphia 2 San Francisco 1
Milwaukee 7 Houston 5
San Diego 13 Pittsburgh 2
N.Y. Mets 11 Atlanta 7
St. Louis 2 Florida 1
L.A. Dodgers 5 Arizona 3
Colorado 5 Washington 7
Tonight's games
All Times Eastern
Chicago White Sox (Danks 4-9) at Baltimore (Guthrie 5-15), 7:05 p.m.
Boston (Wakefield 6-4) at Minnesota (S.Baker 8-6), 7:10 p.m.
Kansas City (Hochevar 8-8) at Tampa Bay (Hellekson 10-7), 7:10 p.m.
Seattle (Furbush 2-3) at Texas (M.Harrison 9-8), 8:05 p.m.
Tomorrow's games
Chicago White Sox at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Boston at Minnesota, 8:10 p.m.

BLUE JAYS 7, ORIOLES 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
RDavis lf	5	1	0	0	Andino ss	4	0	1	0
YEScor ss	5	0	1	0	Markks rf	3	0	1	0
Bautist ff	5	0	1	2	Adjons cf	4	0	0	0
Lind dh	5	0	0	0	Guerrr dh	4	0	0	0
Enrcn 1b	4	2	3	0	MrRyn 1b	3	2	2	2
Rasmcs cf	4	1	2	0	Reimld lf	3	0	0	0
Arensic c	4	1	1	2	Tatum c	3	0	0	0
JMCin 2b	4	0	3	2	J.Bell 3b	3	0	0	0
Lawrie 3b	4	2	2	1	BDavis 2b	1	0	0	0
					Citrus 2b	0			
					BBrow 2b	0			
						0		1	0
Totals	40	713	7		Totals	30	1	2	

Edmonton 6 5 1 0 169 127 10
Calgary 6 4 2 0 149 137 8
B.C. 6 1 5 0 150 172 2
Saskatchewan 6 1 5 0 112 184 2

WEST DIVISION

Toronto	IP	H	R	ER	BB	SO
R.Romo W,10-9	8	4	2	2	0	5
Janssen	1	1	0	0	0	1
Baltimore	5	2	1	0	0	3
Simon L,3-5	5	2	3	0	4	3
Bergesen	3	3	1	1	0	4
M.Gonzalez	1-3	0	0	0	0	0
HPB-by R.Romo (Markakis).						
Umpires—Home, Bob Davidson; First, Lance Barrett; Second, Brian Knight; Third, Jerry Layne.						
T-2:25. A—13,824 (45,438).						

SATURDAY

ORIOLES 6, BLUE JAYS 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
YEScor ss	3	0	0	0	Andino ss	3	2	0	1
EThms ff	4	0	0	0	Markks rf	4	0	0	0
Bautist ff	3	0	0	1	Adjons cf	4	1	2	4
Lind dh	4	0	1	0	Guerrr dh	3	0	0	0
Enrcn dh	3	0	1	0	Wierters c	3	0	0	0
Rasmcs cf	3	1	1	1	MrRyn 1b	3	0	0	0
A.Hill 2b	3	0	0	0	Reimld lf	3	1	1	0
J.Molin c	2	1	0	0	J.Bell 3b	2	1	0	0
Lawrie 3b	3	0	1	0	BDavis 2b	3	1	1	0
Totals	28	2	4		Totals	28	6	4	

Toronto	IP	H	R	ER	BB	SO
Morrow L,8-6	7	2	3	1	3	6
Camp	1-3	0	0	0	0	0
Baltimore	7	4	2	1	5	3
Tillman W,3-4	7	4	2	2	1	5
Ji.Johnson H,15	1	0	0	0	0	2
Gregg	1	0	0	0	0	0
HPB-by Morrow (Andino), by Tillman (YEScor).						
Umpires—Home, Jerry Layne; First, Bob Davidson; Second, Lance Barrett; Third, Brian Knight. T-2:09. A—19,396 (45,438).						

TEAM STATISTICS

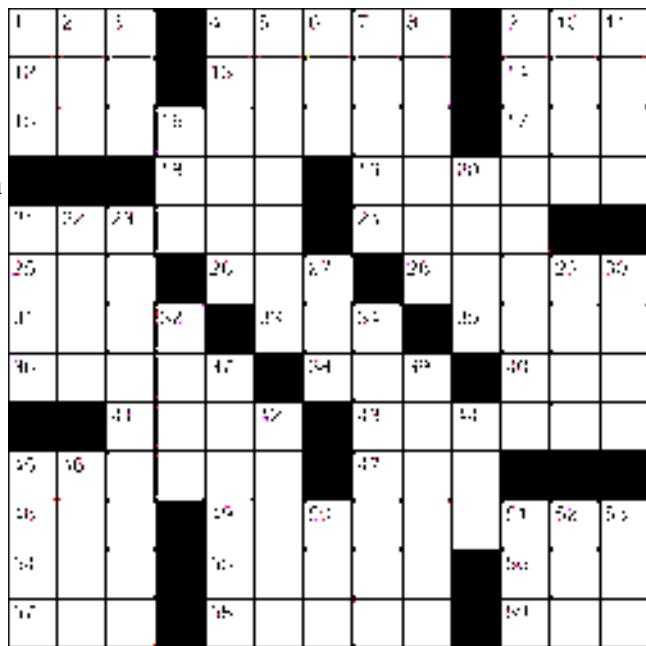
	Ham	Cal
First downs	21	25
Yards rushing	71	88
Yards passing	211	341
Total offence	282	429
Team losses	0	2
Net offence	282	427
Passes made-tried	20-34	27-39
Return yards	74	147
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	0	0
Punts-average	8-42.8	5-54.4
Penalties-yards	7-81	6-92
Time of possession	26:32	33:28
Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.		

INDIVIDUAL STATISTICS

At Blaine, Minn.	At Omaha, Neb.
Par 72 — Final Round	
Scott Piercy, \$540,000	72-70-61-70—273
Pete Perez, \$324,000	73-68-65-68—274
Steve Flesch, \$174,000	68-69-70-68—275
Blake Adams, \$174,000	67-72-67-69—275
Jim Renner, \$120,000	74-69-65-68—276
Also	
Bryan DeCorso	72-64-64-69—269
Richard T. Lee	70-65-71-67—273
CHAMPIONS 3M CHAMPIONSHIP	
At Blaine, Minn.	
Par 72 — Final Round	
Jay Haas, \$262,500	64-69-68—201
Kenny Perry, \$128,333	66-70-66—202
Tony Lehman, \$128,333	65-69-68—202
Peter Senior, \$128,333	65-67-66-66—202
Also	
Jim Rutledge, \$11,834	72-70-67—209
R	

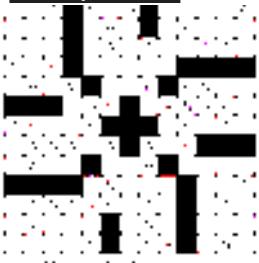
Crossword

Across
 1 Bar bill
 4 Perspire
 9 Use a crowbar
 12 Knight's address
 13 Actress Berry
 14 Fish eggs
 15 Alternative to a jail term
 17 Eggs
 18 Rhyming tribute
 19 Vacuum brand
 21 Salt companion
 24 Opposed to
 25 "— Town"
 26 Congeal
 28 Cord fiber
 31 Cattle drive tool
 33 Pooch
 35 Location
 36 Couches
 38 Sphere
 40 End for ball or bass
 41 Western state
 43 Basketball's Mr. Mourning
 45 PBS "Street"
 47 Extinct bird
 48 Spoon-bender
 Geller
 49 Raise accompaniment, often
 54 Id counterpart
 55 Bounded along
 56 That girl
 57 Boxing promoter
 King
 58 Contest submission
 59 Cut the grass
Down
 1 Recipe meas.
 2 Atmosphere
 3 Kinsman, for short
 4 Sunglasses
 5 Irrigated
 6 Inventor Whitney
 7 Hawaiian greeting
 8 Mortises' mates
 9 Conditional stipulation
 10 Wander
 11 365 days
 16 Jazz style
 20 Elevator name
 21 Bursts
 22 Modern-day money
 23 Lavish supply



27 Also
 29 The gamut
 30 Letterman rival
 32 Information
 34 "Frasier" star
 Kelsey
 37 Taste
 39 Sanguinary
 42 Egret's cousin
 44 Cheerios ingredient
 45 Took to court
 46 Therefore
 50 Choose
 51 Doctrine
 52 Discoverer's call

► Friday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

► **Sagittarius** Nov. 23-Dec. 21 Make sure your own actions are above reproach.

► **Capricorn** Dec. 22-Jan. 20

Make an effort to stay on good terms with people whose position and influence could be of value to you in the future.

► **Aquarius** Jan. 21-Feb. 18 Do only what feels right to you.

► **Pisces** Feb. 19-March 20.

If you let your heart rule your head today there is a danger you could lose out financially.

● SALLY BROMPTON

Today's horoscope

► **Aries** March 21-April 20 Certain people will start playing emotional games over the next 24 hours, but now that you know that, you will be able to avoid getting emotional yourself.

► **Taurus** April 21-May 21 You must not allow others to restrict the way you do things.

► **Gemini** May 22-June 21 Love and laughter are what you need most.

► **Cancer** June 22-July 22 Try not to get so bogged down in your work that loved ones start to wonder if you no longer want them

around.

► **Leo** July 23-Aug. 23 No one expects you to be perfect, so don't expect it of yourself.

► **Virgo** Aug. 24-Sept. 22 Someone in a position of power, someone whose support you are going to need in the future, can be and should be flattered shamelessly today.

► **Libra** Sept. 23-Oct. 23 Put the finishing touches to something you started a long time ago, then move on to something new.

► **Scorpio** Oct. 24-Nov. 22 Focus on what makes you smile.



Sudoku

6		2	3	7			9	
							8	3
			8	3	5		2	
2	6		1		5	9	8	
3							5	
7	5	3	9		4	2		
	6			1	5	2		
9	7							
8		6	4	2			3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Friday's answer

A look at the weather

TODAY
 Min 12°
 Max 23°

TOMORROW
 Min 14°
 Max 23°

WEDNESDAY
 Min 14°
 Max 24°

Michele McDougall **Weather Specialist**
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM



Caption contest



WIN! **You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!



metro

Edmonton African Dance Festival

A celebration of African Dance, Arts, Music, Culture...

Fundraising Dinner & Banquet

Friday August 26, 2011
 5 pm - 1 am
 Coast Edmonton Plaza 10155 105 St.
 Edmonton, AB
 Tickets: \$60

African Dance Festival Free!

August 27 - 28
 10 am - 9 pm
 Sir Winston Churchill Square, Edmonton, AB
 Contact Adaku 780 200 8351
info@edmafriicandancefestival.com
www.edmafriicandancefestival.com



Performing LIVE
 from New York: Emma Agu (only African who performed @ President Obama's Inauguration), Chisom Oz Lee, Chisom Ozri I

FACTORY AUTHORIZED CLEARANCE SALE!

TOP
\$\$
for your
TRADE-IN

0% PURCHASE FINANCING UP TO
72 MONTHS ON SELECT MODELS
PLUS...TAKE A TEST DRIVE AND
GET A \$25 GAS CARD! ... plus



First Time
Buyers
Program
Available

CANADA'S MOST FUEL
EFFICIENT COMPACT AWD



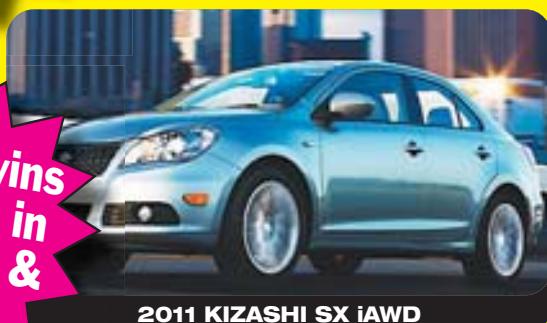
OVER 200
SUZUKI'S
TO CHOOSE
FROM

2011 SX4 HATCHBACK JX iAWD

OWN IT FOR
\$139
Bi-Weekly

Purchase Financing
0%
for 72 months

The most fuel-efficient Compact Intelligent All-Wheel Drive vehicle in Canada. This is Fighting Carformity at its best. It's 150 hp 2.0L engine, 16" Aluminum Alloy Wheels, and European-tuned suspension will take you on any side street or highway life demands.



Kazashi wins
#1 rating in
JD Power &
Assoc.

2011 KIZASHI SX iAWD

OWN IT FOR
\$199
Bi-Weekly

Purchase Financing
0.9%
for 72 months

Kizashi fights Carformity. How? First, it offers true power of control with a superb chassis that delivers crisp and precise handling. Then, Kizashi comes fully loaded with what others call options. Fuel-efficient 180 hp 2.4L engine, Intelligent All Wheel Drive (iAWD), SmartPass™ Keyless Entry, and Rockford Fosgate Premium audio System are just a few examples. This midsize sedan Fighting Carformity on all levels.



FREE
ACCOMODATION
FOR OUT OF
TOWN BUYERS

2011 GRAND VITARA JX 4WD

OWN IT FOR
\$175
Bi-Weekly

Purchase Financing
0%
for 72 months

Fight Carformity with a Compact SUV that has the off-road capabilities and practicality of an authentic SUV, along with on-road comfort and convenience. Grand Vitara's SmartPass™ Keyless Entry and Start System, Electronic Stability Program (ESP), Class-leading towing capacity¹ and fuel-efficient engine will make your journey more enjoyable. It's Suzuki's leading candidate to Fight Carformity off-road as well as on.

SHOP 24/7 @
WESTENDSUZUKI.com
SPECIAL
TOLL FREE
1-888-702-8363
17431-102 AVENUE

SHOP 24/7 @
MILLWOODS SUZUKI.com
ON THE AUTO ROW | 3403-93 ST.
SPECIAL TOLL FREE **1-866-897-4500**



Consumers should read the following: All offers include Delivery & Destination (\$1,495 for Kizashi/\$1,395 for SX4/\$1,595 for Grand Vitara models), \$100 A/C Excise Tax (where applicable), \$20 Tire Tax, \$399 Dealer administration Fee. Offers exclude PPSA up to \$72 (when financing), applicable taxes, license, registration, insurance and a down payment of \$2,300/\$1,900/\$2,200. Vehicles may not be exactly as shown. These offers cannot be combined with any other and are subject to change without notice. Dealers may sell for less. See participating dealers for details. ¹Limited time finance offers available O.A.C. Special bi-weekly purchase finance offers are available on 2011 Kizashi SX4 AWD Model G6ZV3V41 (Selling Price \$30,209), 2011 SX4 Hatchback JX iAWD with manual transmission Model H3NBZJ1 (Selling Price \$21,749) and 2011 Grand Vitara JX 4WD automatic transmission Model L27B5T1 (Selling Price \$27,299) for a 72 month term. Selling prices include Delivery & Destination (\$1,495/\$1,395/\$1,595), \$100 A/C Excise Tax (where applicable), \$20 tire tax and \$399 Dealer Administration Fee and exclude PPSA up to \$72 (when financing), applicable taxes, license, registration, insurance and a down payment of \$2,300/\$1,900/\$2,200. The bi-weekly 72 month payment interest rates are based on 2011 Kizashi SX4 AWD @ 0.9%, 2011 SX4 Hatchback JX iAWD @ 0% and 2011 Grand Vitara JX 4WD @ 0% purchase financing, bi-weekly payments are \$199/\$139/\$175 with \$2,300/\$1,900/\$2,200 down payment. Cost of borrowing is \$1,631/\$0/\$0 for a total obligation of \$31,840/\$21,749/\$27,299. Offer valid until August 15, 2011. ¹When properly equipped.

SUPER SUMMER

→ 2011 ACCENT SELL-OFF ←

SALE

ONLY
11
LEFT!



CONTINUES
at Sherwood Park Hyundai

**FREE GAS & NO PAYMENTS
FOR A YEAR!**

+ 10% OFF All Accessories
Purchased at Time of Sale

+ \$300 OFF Extended Warranty
& Protection Packages

ALL 2011 ACCENT MODELS AVAILABLE!
Automatic, Manual, L, GL, Sport, 3 door, 4 door

CALL, CLICK OR VISIT • BUT DON'T WAIT • SALE ENDS SOON!

877.372.9396 • SPHyundai.com • Broadmoor & Baseline, Sherwood Park

